

28 DAY DIET PLAN

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DAY 1

Morning- Cereal & 2% Milk.

Afternoon- Chicken & 1 Vegetable.

Evening- Soup, 1 Toast & Cheese.

DAY 2

Morning- Dried Fruit.

Afternoon- Fish & Salad / Vegetable.

Evening- 2 Eggs, Tomatoes & Onions.

DAY 3

Morning- Yogurt & 1 Fruit.

Afternoon- 1 Potato & 1 Vegetable.

Evening- 3 Fruits.

DAY 4

Morning- Cereal & 2% Milk.

Afternoon- Pasta, Tomatoes & Onions.

Evening- 1 Fruit, 6 Provitas & Cheese.

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